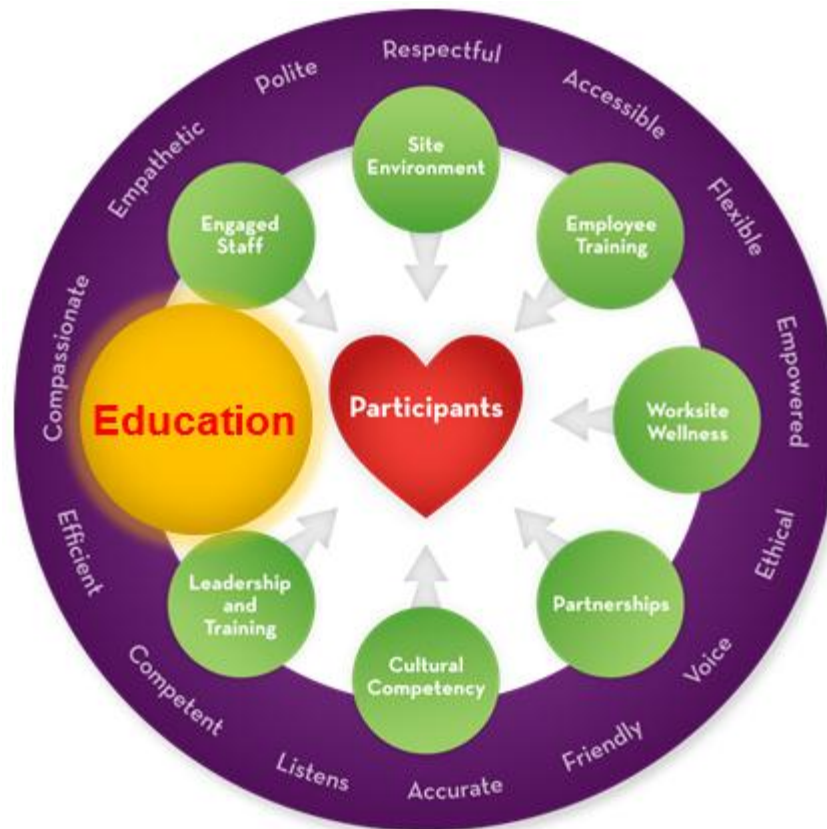


Silence

Participant Centered Education

Trainee Workbook



Activity 1

Silence

- A.** Saying nothing is saying a lot. Silence says that you are 100% present, and open to learn and understand the other person's ideas, thoughts, and feelings. It shows you respect them.

- How does silence in a conversation make you feel? Jot down your ideas.

- B.** When a participant pauses after talking, don't jump in right away. Take a few seconds and pause to give her an opportunity to finish her thoughts, finish talking, or ask questions. When she talks more, you will likely get more information.

1. Choose a partner. One person will be the speaker, the other the listener. Speakers will share one of the happiest times in their lives and why it made them so happy. Listeners will listen, not interrupt, and only use non-verbal communication. This is a two-minute activity.
2. Switch partners, and allow your partner to share one of the happiest times in their lives. After they have finished speaking, you will give them your feedback or ask questions using the following techniques:
 - a. Pause 3-5 seconds before speaking
 - b. Pause 3-5 seconds between thoughts to emphasize an important point